WHAT IS CLAIMED IS:

1. A method of ameliorating the symptoms of psychosis associated with interferon α therapy in a patient, comprising: administering an amount of a glucocorticoid receptor antagonist effective to ameliorate the symptoms of psychosis in the patient, with the proviso that the patient is not otherwise in need of treatment with a glucocorticoid receptor antagonist.

2. The method of claim 1, wherein the glucocorticoid receptor antagonist comprises a steroidal skeleton with at least one phenyl-containing moiety in the 11-beta position of the steroidal skeleton.

3. The method of claim 2, wherein the phenyl-containing moiety in the 11-beta position of the steroidal skeleton is a dimethylaminophenyl moiety.

4. The method of claim 3, wherein the glucocorticoid receptor antagonist comprises mifepristone.

5. The method of claim 3 wherein the glucocorticoid receptor antagonist is selected from the group consisting of 11-β-(4-dimethyl-aminoethoxyphenyl)-17α-propynyl-17β-hydroxy-4,9-estradien-3-one, and 17β-hydrox-17α-19-(4-methyl-phenyl)androsta-4,9 (11)-dien-3-one.

6. The method of claim 1 wherein the glucocorticoid receptor antagonist is selected from the group consisting 4α(S)-Benzyl-2(R)-prop-1-ynyl-1,2,3,4,4α,9,10,10a(R)-octahydro-phenanthrene-2,7-diol and 4α(S)-Benzyl-2(R)-chloroethynyl-1,2,3,4,4α,9,10,10a(R)-octahydro-phenanthrene-2,7-diol.

7. The method of claim 1, wherein the glucocorticoid receptor antagonist is (11β,17β)-11-(1,3-benzodioxol-5-yl)-17-hydroxy-17-(1-propynyl)estra-4,9-dien-3-one.

8. The method of claim 1, wherein the glucocorticoid receptor antagonist is administered to the patient concomitantly with interferon-α

9. The method of claim 8, wherein the glucocorticoid receptor antagonist is administered to the patient throughout the course of interferon-α therapy.

10. The method of claim 8, wherein the glucocorticoid receptor antagonist is administered to the patient concomitantly with interferon-α and a second therapeutic agent.

11. The method of claim 10, wherein the second therapeutic agent is an anti-viral agent.

12. The method of claim 11, wherein the anti-viral agent is ribavarin.

13. The method of claim 1, wherein the glucocorticoid receptor antagonist is administered in a daily amount of between about 0.5 to about 25 mg per kilogram of body weight per day.

14. The method of claim 13, wherein the glucocorticoid receptor antagonist is administered in a daily amount of between about 1 to about 4 mg per kilogram of body weight per day.

15. The method of claim 1, wherein the mode of administration is selected from the group consisting of oral administration, transdermal application, nebulized suspension, and aerosol spray.

16. The method of claim 1, wherein the patient is suffering from a viral infection caused by a virus selected from the group consisting of hepatitis C virus, hepatitis B virus, and hepatitis D virus.

17. The method of claim 16, wherein the viral is acute or chronic.

18. The method of claim 1, wherein the patient is suffering from chronic myelogenous leukemia, HIV, Human T-Cell Lymphotropic Virus or cancer.

19. The method of claim 1, wherein the patient has a history of substance abuse.

20. A kit for treating a human infected with hepatitis C virus, the kit comprising:

(i) interferon-α,

(ii) a specific glucocorticoid receptor antagonist; and,

(iii) an instructional material teaching the indications, dosage and schedule of administration of the glucocorticoid receptor antagonist and interferon-a to a patient suffering from hepatitis C infection.

21. The kit of claim 20, wherein the kit further comprises a second therapeutic agent.

22. The kit of claim 20, wherein the glucocorticoid receptor antagonist is mifepristone.